



Allegany County Health Department

Behavioral Health Services

Invites you to a

RECOVERY AND WELLNESS WALK

Date: Wednesday, September 21, 2016

Time: 1:00-2:30 p.m.

Place: Allegany College of Maryland (on the track)

This is a free event: Registration begins at 12:30pm followed by a welcome proclamation, guest speakers, the recovery and wellness walk, light refreshments and door prizes. Wear your sneakers – if you walk the entire 8 laps, you will be registered in the grand prize drawing. There will be many other great giveaways for walkers and non-walkers.

EVERY PERSON IMPACTED BY BEHAVIORAL HEALTH ISSUES HAS A REASON TO CELEBRATE THEIR STORY AND ACCOMPLISHMENTS.

COME HELP US CELEBRATE THIS EXCITING EVENT!